

## KNOW YOUR TICKS!!!

### Adult Deer Ticks (Enlarged image)



Male

Female

The Deer Tick transmits Lyme disease in New England. Risk of Lyme disease is greatest from the bite of nymphs, active **May through July**. Adults are active **October to December and again from April to June**.

### Adult Dog Ticks (Enlarged image)



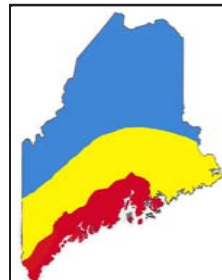
Male

Female

The American Dog Tick **does not** transmit Lyme disease. **It is found in spring and summer**. Adults have white markings on their backs.

### The Deer Tick in Maine

The abundance of deer ticks in Maine is highest in the **red** area of the state. Medium numbers of ticks are found in the **yellow** area and the lowest numbers are found in the **blue** region of Maine.



### The Actual Size of Deer Ticks

Nymph  
(1/32"-1/16")



May - July

Adult  
(1/8")



April - June  
Oct. - Dec.

Engorged Female  
(up to 1/2")



Female dog tick, found April - August in northern New England (3/16").



Produced in cooperation with the Maine Department of Health and Human Services and the Maine Medical Center Research Institute.



### Symptoms of Lyme Disease:

Most people see an expanding red rash more than 2 inches across at the site of the tick bite, which may occur within a few days or a few weeks later.



Other symptoms may include:

- fatigue
- muscle and joint pain
- headache
- fever and chills
- facial paralysis

Deer ticks in Maine can also transmit other diseases.

For more information, check out these websites:

Maine Medical Center Research Institute Vector-borne Disease Lab

<http://www.mmcri.org/lyme/lymehome.html>

Maine Bureau of Health Lyme Disease Resource Center

<http://www.maine.gov/dhhs/boh/ddc/lyme.htm>

Centers for Disease Control and Prevention

<http://www.cdc.gov/ncidod/dvbid/lyme/index.htm>

### Precautions to avoid tick bites:

Wear light-colored clothing and tuck pantlegs into socks.

Use a DEET - based repellent on skin and clothing or a permethrin - based repellent for clothes only. Follow directions when applying DEET to the skin.

Inspect yourself closely for ticks initially when you get in from outdoors and again in a few hours.

Shower and wash clothes as soon as possible. Heat drying will kill ticks on clothing.

**Prompt removal of attached ticks is extremely important!**  
Ticks need to attach for 36 hours to transmit Lyme disease.  
Ticks attach at body folds, behind the ears, and in the hair.

- Grasp the tick close to the skin with tweezers.
- Pull gently until the tick lets go.
- Other methods such as vaseline, alcohol, and nail polish remover are not effective!



One recent study showed that a single dose of antibiotic prevented Lyme disease if given within 72 hours after removing a deer tick. Consult a physician if you remove an engorged deer tick.

To protect pets, use repellents, acaricides, and for dogs, a Lyme disease vaccine.